



Kayaking

Kayaking is an indoor or outdoor water event. With modification, Kayaking can be beneficial for Soldiers who have stable Upper Body, Lower Body, Back Injuries, Behavioral Health, PTSD and Traumatic Brain Injuries. Your Adaptive Reconditioning Team will screen each Soldier for participation in Kayaking.

Event resourced-

Team River Runners (www.teamriverrunner.org) may have a local Chapter near your WTU. Your Adaptive Reconditioning Team will coordinate with Team River Runner; if you do not have a local Chapter, have your AR team contact the national headquarters for support and research other kayaking programs in your state.

Team River Runner Volunteers, Adaptive Recondition Team Member and NCO

Equipment needed- kayaks, personal flotation devices, oars, water proof bags, and two-way radios for emergencies. Team River Runner will provide the equipment. Initial instruction in a local Pool is required. Your AR team will coordinate with your MWR or Community pool. There may be a cost associated.

Soldier brings- Swimsuit, water shoes, sunscreen, goggles, towel, change of clothing. When doing an outdoor event, Team River Runner will notify your AR Team of additional items the Soldier may need to bring

Environmental factors- rain, thunderstorms, high winds, temperature extremes (hot and cold).

Organize this event at- On-post: MWR Off-post: local pool

After initial training, Team River Runner will identify appropriate outdoor locations for Kayaking

*Costs may be associated

ABSOLUTE contraindications- recent post operative surgeries or injuries, seizure disorders, open wounds, incontinence, unstable pain, fear of water

Modifications- kayaks with outriggers may be used, special adapted paddles or webbed gloves, initial training in pool and progressing to outdoor once mastery of Kayak skills in a controlled environment of the pool. Your AR Team and Team River Runner will assist each Soldier in modification.

Associated Risks- drowning, heat exhaustion, and heat stroke are risks in kayaking. These can be minimized by proper training from the AR Team and a certified kayaking instructor.

Domains addressed- physical, emotional, spiritual, family, social, career